

## KNEE LIFT, ABS IN

Knee Lift, Abs In can be done seated or standing. The goal is to draw in the abdominal wall with each knee lift, stabilizing the low back and core. The exercise looks similar to marching in place, only done in slow motion and with an emphasis on drawing abs in.

### ***Benefits »***

- ⦿ Strengthens core muscles, especially the deeper abdominals.
- ⦿ Improves step height and length.
- ⦿ Increases core stability during gait.

### ***Set It Up »***

You will not need any special equipment. Chairs with arms would be best. Some variations require a balloon or a balance disc and a chair with arms.

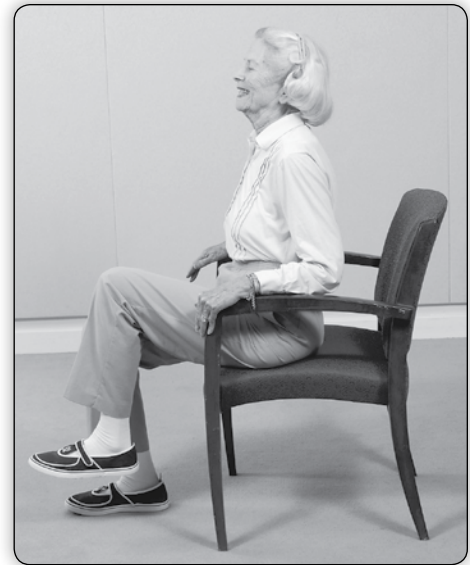
### ***How to Do It »***

#### **The Start**

Participants sit all the way back in the chair. The hips and back should remain in contact with the chair during this activity. Place forearms on the arms of the chair for additional back support.

#### **The Moves**

- ⦿ Inhale, lift one knee toward chest and pull abdominals in toward chair.
  - The foot lifts about 6 inches (15 centimeters) off the floor.
  - Cue participants to pull their belly button toward the chair with each knee lift.
  - Each knee lift is held just long enough to feel the abdominal muscles brace the torso.
- ⦿ Exhale as the knee is fully lowered; keep abdominals pulled in.
- ⦿ Relax when foot is back on ground.
- ⦿ Ask if they notice their low back pressing into the chair with each knee lift.
- ⦿ Repeat with the same leg 4 times and build to 8 to 12 times, as tolerated; then do the other leg.
- ⦿ Cue this exercise, “Knee lift, abs in. Knee lift, abs in.”



### ***Take It Further »***

- ⦿ Participants can recruit their abdominals better if they place one hand on their lower abdomen. This way, they will *feel* their abdominals draw in with each knee lift.
- ⦿ Alternate legs with each repetition.
- ⦿ Slow down the up and down motions.
- ⦿ Lift knees higher, increasing difficulty.
- ⦿ Sit away from the chair back (less back support).
- ⦿ Sit with Genie Arms (arms crossed and lifted off the chest).

### **Give It More Balance »**

- ⦿ Add opposing head turns (e.g., lift right knee, look left; lift left knee, look right).
- ⦿ Add opposing (reciprocal) arm swings.
- ⦿ Add rhythm or music.
- ⦿ Do Knee Lift, Abs In while wearing sunglasses or in a room with dim lighting.
- ⦿ Do Knee Lift, Abs In seated on a balance disc in a chair with arms.
- ⦿ Do Knee Lift, Abs In while standing (advanced). Stand beside the chair or a handrail for balance support. When standing, participants will notice how their hips tuck under just a bit with each knee lift (see the photo to the right). That feeling of hips tucking under the shoulders is ideal.



### **Keep It Safe »**

Sitting all the way back in the chair with arms on the chair arms gives the most back support. If their chair has no arms, participants can place their hands on the sides of the chair, or on their thighs, to better support their back. Keep the torso as still and quiet as possible with each leg movement.

If done standing, be sure you have adequate balance support. Most participants will need to hold on to a chair on both sides of them with some needing another chair behind them as well. Some will be able to do this beside a handrail.

### **Live It »**

Securing the abdominal wall while walking will improve core stability and balance.